

## CLAIMS

1. An exercising device (10) for building strength and flexibility of muscles and other tissues, comprising a substantially vertically arranged first stand (11) for abutment against a substantially plane and horizontal underlying surface and a second stand (12), arranged in parallel with the first stand (11), for abutment against a substantially plane and horizontal underlying surface, *characterised by*
- 10    that    the stands (11, 12) comprise an elongated element that can be gripped by a user, which elongated element is arranged substantially horizontally and is connected to at least one element projecting towards an underlying surface,
- 15    that    a bow (17) that can be gripped is projecting upwards from the stands (11, 12), and
- 20    that    the bow (17) comprises a first portion (18) projecting substantially vertically from the first stand (11), a second portion (20) projecting substantially vertically from the second stand (12) and a connecting portion (19) connecting the first portion (18) and the second portion (20).
2. A device according to claim 1, wherein the bow (17) is arranged in an angle (a) so that the bow (17) is inclined towards a centre of the exercising device (10).
- 25    3. A device according to claim 1, wherein the bow (17) is connected to the stands (11, 12) and is displaceable so that a hight (Y) of the bow (17) is adjustable.
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4. A device according to claim 1, wherein the stands (11, 12) are formed of a tube that is arranged in a suitable shape, wherein the bow (17) is displaceable into the stands (11, 12).
- 5 5. A device according to claim 1, wherein the stands (11, 12) are formed as a trapezium.
6. A device according to claim 1, wherein the stands (11, 12) comprise a first elongated element (13) that can be gripped and which is arranged substantially horizontally, a second elongated element (14) projecting vertically from the first elongated element (13) and a third elongated element (15) projecting vertically from the first elongated element (13).
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7. A device according to claim 6, wherein the stands (11, 12) comprise a horizontal fourth elongated element (16), connected to the second elongated element (14) and the third elongated element (15), for abutment against an underlying surface.
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8. A device according to claim 1, wherein the exercising device (10) comprises a base plate (24) that is arranged between the stands (11, 12) and forms an underlying surface for a user.
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9. A device according to claim 8, wherein the stands (11, 12) are connected to each other through the base plate (24) to stabilize the exercising device (10).
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10. A device according to claim 1, wherein the exercising device (10) comprises a removable support (25) arranged between the stands (11, 12).
11. A device according to claim 10, wherein the support (25) comprises a cushion (26), which is removably and adjustably connected to the stands (11, 12) through belts (27, 28).
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12. A device according to claim 1, wherein the exercising device (10) comprises a transverse bar (23) arranged between the stands (11, 12), forming a footrest.

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